



NAMASTE

THANK YOU FOR YOUR INTEREST
in our Ashram Stay.

**PLEASE KINDLY READ THIS IMPORTANT
INFORMATION BEFORE YOU COME!!**

While staying with us, be aware that we are a traditional Ashram so we cultivate a spiritual and quiet environment and we expect you do the same.

Things to know before you come:

(1) OUR SERVICES: we do not offer the same services as in a resort or regular hotel.

We do not have room service

We do not serve coffee

We do not have laundry (you wash your own clothes)

You wash your own plates after meals

Yoga hall is for exclusive use of the Yoga and Meditation Retreat. Ask for places you can practice your Yoga Asanas

(2) DRESS CODE: always cover shoulders and knees for both men and women. Remember you are in a **SACRED AREA**



**Phool Chatti
Yoga Ashram**

(3) **DO NOT SMOKE** inside the Ashram – you need to go outside the main gate to smoke

(4) **DO NOT DRINK:** it is forbidden to carry and drink alcoholic drinks during your stay in the Ashram

(5) **SILENCE** – as we run silent retreats every week, do not produce loud noises and **during all meals do not speak** at all.

(6) **KITCHEN** – you do not have access to the main kitchen, however there is a small shared kitchen, with a stove and fridge, in the dining area you can use.

(7) **FOOD** – it is forbidden to cook, to eat or drink inside the rooms. In case you bring some snacks, use the dining hall or the open areas.

- **Non vegetarian food** is not allowed inside the premises of the Ashram.
- Only Staff can serve the food and it is mandatory to pray before taking food

(8) **ROOMS** - You should keep your rooms and washrooms clean and tidy yourself.

(9) **MEALS** – Food will be served at Dining Hall as per simple vegetarian Ashram's Menu. Be at the dining hall sharply.

- **BREAKFAST:** 9:00–9:30am.
- **LUNCH:** 1:00-1:30pm.
- **DINNER:** 7:30-8:00pm.

(10) **CHECK-IN AND CHEKOUT:** 11:00am

(11) **WHAT TO BRING**

- Towel,
- toothpaste and brush
- Shampoo



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- Soap
- Laundry soap
- Bottle to refill for filtered water
- Toilet Paper (If you need it)

Bed linen and blankets, will be provided.

Liquid soap for hand wash will be provided.

(12) **CHANGING PLANS:** if your plans change for any reason and you are unable to come, kindly inform us IMMEDIATELY.

(13) **TERMS AND CONDITIONS** - We practice very low prices for the infrastructure we offer, so be aware about our “Terms and Conditions” and “Refund and Cancellation” policies. You can find them at the bottom of every page on our website.

We're looking forward to having you with us!

Hari Om!

Phool Chatti Ashram